

## **If you have Weathered the Floods, the following information may be of help to you:**

- The Centers for Disease Control and Prevention (CDC) provides basic, practical things to know regarding flood related emergency preparedness and response (e.g., reentering your flooded home). Such hands-on information can be helpful in and of itself. This concrete information can often serve as a bridge and facilitate effective communication between mental health providers and members of rural communities. <http://www.bt.cdc.gov/disasters/floods/index.asp>
- The CDC also provides useful information regarding mental health issues associated with Emergency Preparedness & Response. <http://www.bt.cdc.gov/disasters/floods/index.asp>
- The National Child Traumatic Stress Network offers a detailed overview of the behavioral health impact on children and families of various potential disasters (with a specific section on floods). It covers readiness before a flood, suggests concrete, practical steps to take after a flood, and speaks to recovery related concerns. The section on recovery addresses children's reactions, ways that both parents and teachers can help children, therapy for children, and self-care for parents National Child Traumatic Stress Network - What You Should Know about the Emotional Impact of Floods. .  
[http://www.nctsn.com/nccts/nav.do?pid=typ\\_nd\\_flood\\_desc&disasterType=flood](http://www.nctsn.com/nccts/nav.do?pid=typ_nd_flood_desc&disasterType=flood) [www.nctsn.com](http://www.nctsn.com)
- The Agriwellness website provides useful information regarding behavioral health issues impacting agricultural communities. Their newsletters are often particularly insightful.  
<http://www.agriwellness.org/newsletters.htm>